

STATE OF COLORADO

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Dedicated to protecting and improving the health and environment of the people of Colorado

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Colorado Department
of Public Health
and Environment

CDPHE-CACFP PROCEDURE MEMO #14-04

DATE: June 2014

TO: Sponsors of At-Risk Afterschool Centers Representatives

FROM: Tracy Miller, MSPH, RD, Director
Colorado Department of Public Health and Environment-
Child and Adult Care Food Program (CDPHE-CACFP)

SUBJECT: Implementation of the Healthier Meals Initiative Policies

This procedure memorandum, which is effective on July 1, 2014, defines how Sponsors of at-risk afterschool Centers assess and document compliance with the requirements of the Colorado-specific Healthier Meals Initiative policies during the three site visits required each year. The USDA approved this additional State Agency policy on May 14, 2014.

In October 2013, participating institutions received the CDPHE-CACFP Procedure Memo #14-01, Healthier Meal Initiative (HMI) Policies and the *“Healthier Meals for Healthier Kids- Quality Food Experiences for Early Child Care”* Toolkit, which provides an in-depth report of the research behind the policies, classroom activities, and the necessary tools to assist CACFP institutions in implementing the new policies.

Procedure Memo #14-01 required child care institutions to implement the new nutrition requirements in participating sites, effective November 1, 2013. The HMI policies include three Colorado-specific policies listed below:

1. Limit 100% fruit juice to twice per week.
2. Limit certain processed and pre-fried meats to once per week.
3. Offer at least one whole grain product per day.

Procedure Memo #14-01 also includes a USDA policy requiring service of 1% or fat-free milk for children ages 2 years and older, which was effective October 1, 2012. This policy remains unchanged.

For at-risk afterschool programs that serve snack only, if the site serves a bread/bread alternate as one of the two required components, it must be whole grain. If the site serves milk as one of the two components, it must be 1% or fat-free milk. The weekly limits for 100% fruit juice and certain processed and pre-fried meats applies as described above.

Enclosed with this memorandum is a helpful training handout defining the specific processed or pre-fried meat products that must be limited to once per week. Healthy alternatives are also suggested on this handout. Please refer to the "*Healthier Meals for Healthier Kids-Quality Food Experiences for Early Child Care*" Toolkit for other resources related to the Healthier Meals Initiative policies.

Monitoring of Healthier Meals Initiative Policies

Sponsors of at-risk afterschool Centers must train staff conducting site visits on the Colorado-specific HMI policies and required actions to assess compliance, offer assistance to site staff, and document these efforts during monitoring visits. Site monitors must complete the following three actions during site visits:

1. Assess menus for compliance with the Colorado-specific HMI policies.
2. Document results of the menu review on the monitoring form, indicating which requirements are met, and which are not yet achieved. Site monitors may consider a site in compliance with Colorado-specific HMI policies if the sites' menus reflect compliance with two of the three Colorado-specific policies.
3. Provide nutrition education for any policies not yet achieved and document the education or support provided.

Site visit procedures pertaining to the USDA milk policy, as defined in Procedure Memo #12-01 Milk and Water Policy and the USDA Questions & Answers on the Milk & Water Policy, remain unchanged.

The CDPHE-CACFP will review monitoring visit forms during State Agency reviews to assess compliance with the three site visit actions described above. The CDPHE-CACFP site visit form has been revised to capture the new monitoring requirements. Please refer to the attached Informational Memo- Sponsor of Centers New Site Visit Form and New Site Checklist for a copy of the revised CDPHE-CACFP site visit form.

Please contact the CDPHE-CACFP office at (303) 692-2330 if you have any questions or need assistance.